

# Tobacco Stinks

*[Announcer] This program is brought to you by the Centers for Disease Control and Prevention.*

[Chris] Hi kids! Welcome to CDC Kidtastics Radio! I'm Chris Kidtastic. Today, we're talking about tobacco and why it's bad news for our health.

[Caydan] Tobacco? Like cigarettes?

[Chris] Caydan, tobacco *is* used to make cigarettes, but it's also used to make cigars and smokeless tobacco, also known as chew, snuff, dip, or spit tobacco.

[Karmen] Tobacco contains nicotine, which is addictive. Nicotine narrows your blood vessels and puts added strain on your heart.

[Kaya] Smoking can wreck lungs and reduce oxygen available for muscles used during sports. Smokers run slower and can't run as far.

[Chris] Yeah, and if tobacco wasn't nasty enough, companies add other things to it when they make cigarettes. They know the stuff is bad for people's health, but they add it anyway!

[Karmen] Cigarette smoke contains 69 chemicals that are known to cause cancer. There are super-dangerous chemicals in cigarettes that would make front-page news if they were in anything else!

[Caydan] No wonder everyone says smoking is so bad for you. I'm glad I know why, now!

[Chris] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

*[Announcer] For more health information, go to [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*